

MUSIC FOR THE DEVELOPMENT OF MOVEMENT AND COMMUNICATION

DISCOGRAPHY

I. QUIET, CENTERING MUSIC

Purpose: *To develop quieting and relaxation of the mind and emotions in order to enhance communication and learning...i.e. during meals, rest periods, bed time, quiet times with an adult.

Comfort Zone	Steven Halpern	Halpern Sounds #HS786
Spectrum Suite	Steven Halpern	Halpern Sounds #HS770
Starborn Suite	Steven Halpern	Halpern Sounds #8S780
Ancient Echoes	Steven Halpern	Halpern Sounds #HS783
Lullabies and Sweet Dreams	Steven Halpern	Halpern Sounds #HS820
Dawn	Steven Halpern	Halpern Sounds #HS809
Eventide	Steven Halpern	Halpern Sounds #HS808
Birds of Paradise	Georgia Kelly	Heru Records #103
Tarashanti	Georgia Kelly	Heru Records #102
Seapeace	Georgia Kelly	Heru Records #101
Silk Road	Kitaro	Canyon Records #051
Golden Voyage:Vol. 1	Bearns & Dexter	Awakening Productions
Golden Voyage:Vol. 4	Bearns & Dexter	Awakening Productions
O'cean	Flute Music Through Larkin	Wind Sung Sounds
Gregorian Chant from Hungary:Medieval Christmas Melodies		Hungaroton LPX11477
Christopher Parkening Plays J.S. Bach	Christopher Parkening	Angel S-36041
The Pachelbel Canon in D	Jean-Francois Paillard Chamber Orchestra	RCA FRL1-5468
Mother Earth's Lullaby	Synchestra	Synchestra

Silver Ships	Synchestra	Synchestra
December Productions	George Winston	Windom Hill
Lullabies From Around The World	Steven Bergman	WT-1025
Sweet Baby Dreams	Steven Bergman	Steven Bergman
Relaxing with the Classics	(orchestral..baroque)	The Lind Institute #LI-101
Music for Imaging	(orchestral)	The Lind Institute #LI-201
Dream Passage	Daniel Kobialka	LiSem Enterprises
Fragrances of a Dream	Daniel Kobialka	LiSem Enterprises

II. SUPERLEARNING MUSIC

Purpose: *To enhance receptivity to learning through a 60-beat-per-minute tempo *To provide a clear rhythmical structure which is similar to the rhythms of the heart beat, sucking and walking gait.

Comfort Zone	Steven Halpern	Halpern Sounds #HS786
Superlearning Music	(baroque classical music)	Superlearning Inc. Tapes #803 and #101
Largos and Adagios	(baroque classical music)	LIND Institute #LI-301
Encore: More Largos and Adagios	(baroque classical music)	LIND Institute #LI-302
Music for Mellow Minds	Janalea Hoffman	Mellow Minds
Mind-Body Tempo	Janalea Hoffman	Mellow Minds
List of Individual Slow Baroque Music Selections	Ostrander, Sheila and Schroeder, Lynn	in the book, <u>Superlearning</u> p 112-114 Dell Publishing New York, 1979

III. HEMI-SYNC MUSIC

Purpose: *To create a more sustained focus of attention for learning. *To facilitate a more balanced activation of the information processing capabilities of both the right and left hemispheres of the brain. *To reduce fearfulness and negativity which interferes with the learning of new skills.

Metamusic Blue	Robert Monroe	Monroe Institute of Applied Sciences
----------------	---------------	--------------------------------------

Metamusic Green	Robert Monroe	Monroe Institute of Applied Sciences
Soft and Still	Robert Monroe	Monroe Institute of Applied Sciences
Surf	Robert Monroe	Monroe Institute of Applied Sciences
Metamusic Sunset	Robert Monroe Alan Phillips	Monroe Institute of Applied Sciences
Metamusic Nostalgia	Robert Monroe Alan Phillips	Monroe Institute of Applied Sciences
Metamusic Outreach	Robert Monroe Alan Phillips	Monroe Institute of Applied Sciences
Metamusic Amber	Robert Monroe Alan Phillips	Monroe Institute of Applied Sciences
Metamusic Converse	Robert Monroe Alan Phillips	Monroe Institute of Applied Sciences
Metamusic Downstream	Robert Monroe Alan Phillips	Monroe Institute of Applied Sciences

III. FOLK MUSIC

Purpose: * To provide a clear rhythmical structure and tempo as a basis for facilitation of coordinated body movement. * To provide the opportunity for exploration of vocalization, sound play patterns, gestures and other forms of communication. * To provide an environment of mutual enjoyment and shared rhythms for the child and adult.

I've Got a Song	Sandy and Carolyn Paton	Folk-Legacy Records #FSK-52
Birds, Beasts, Bugs and Little Fishes	Pete Seeger	Folkways #FTS 31504
Birds, Beasts, Bugs and Bigger Fishes	Pete Seeger	Folkways #FC 7611
Song and Playtime with Pete Seeger	Pete Seeger	Folkways #FC7526
American Game and Activity Songs for Children	Pete Seeger	Folkways #FC7674
American Folk Songs for Children	Pete Seeger	Folkways #FC 7601
Marching Across the Green Grass and Other American Children's Game Songs	Jean Ritchie	Folkways #FC 7702

Songs

Songs to Grow On	Woody Guthrie	Folkways #FC7675
Animal Folksongs for Children	Peggy Seeger	Folkways #FC7051
Lullabies and Other Children's Songs	Nancy Raven	Pacific Cascades 97487
People and Animal Songs	Nancy Raven	Pacific Cascades 97488
Lets Sing Fingerplays	Tom Glazer	CMS Records #CMS688
Rhythms of Childhood	Ella Jenkins	Scholastic #SC7653
My Street Begins at My House	Ella Jenkins	Folkways #FC7543
Growing Up with Ella Jenkins	Ella Jenkins	Folkways #FC7662
You'll Sing a Song and I'll Sing a Song	Ella Jenkins	Folkways #FC7667
Howjadoo	John McCutcheon	Rounder Records #8009
Grandma Slid Down the Mountain	Cathy Fink & Friends	Rounder Records #8010
Monsters in the Closet	Gerri Gribi and Tom Pease	Makin' Jam Etc.
My Rhinoceros and Other Friends	Guy Carawan	A Gentle Wind

ADDRESSES OF RECORDING COMPANIES

Halpern Sounds
1775 Old Country Road #9
Belmont, CA 94002

Heru Records
P.O. Box 954
Topanga, CA 90290

Awakening Productions
4132 Tuller Ave.
Culver City CA 90230

Wind Sung Sounds
P.O. Box 7227
Stanford, CA 94305

Hungaroton
Qualiton Imports LTD.
New York, NY

Synchestra
3127 N. 33rd Ave.
Phoenix, AR 85017

Superlearning Inc.
450 Seventh Ave.
New York, NY 10123

LIND Institute
P.O. Box 14487
San Francisco, CA 94114

Mellow Minds
P.O. Box 6431
Shawnee Mission, KS 66206

Steven Bergman
P.O. Box 4577
Carmel, CA 93921

LiSem Enterprises
1775 Old County Road #9
Belmont, CA 94002

Folkways Records
43 W. 61st St.
New York, NY 10023

Pacific Cascades Records
Vida, OR 97488

CMS Records
14 Warren St.

Monroe Institute of Applied Sciences
Route 1, Box 175
Faber, VA 22938

Scholastic Records
906 Sylvan Ave.
Englewood Cliffs, NJ 07632

Rounder Records
One Camp Street
Cambridge, MA 02140

Makin' Jam Inc.
Route One
Bowler, WI 54416

A Gentle Wind
Box 3103
Albany, New York 12203

Compiled By
Suzanne Evans Morris, Ph.D.
Route 1, Box 175-S
Faber, Virginia 22938
(804) 361-2285

(August, 1985)